National Park
Drawer 170
Moose, WY 83012
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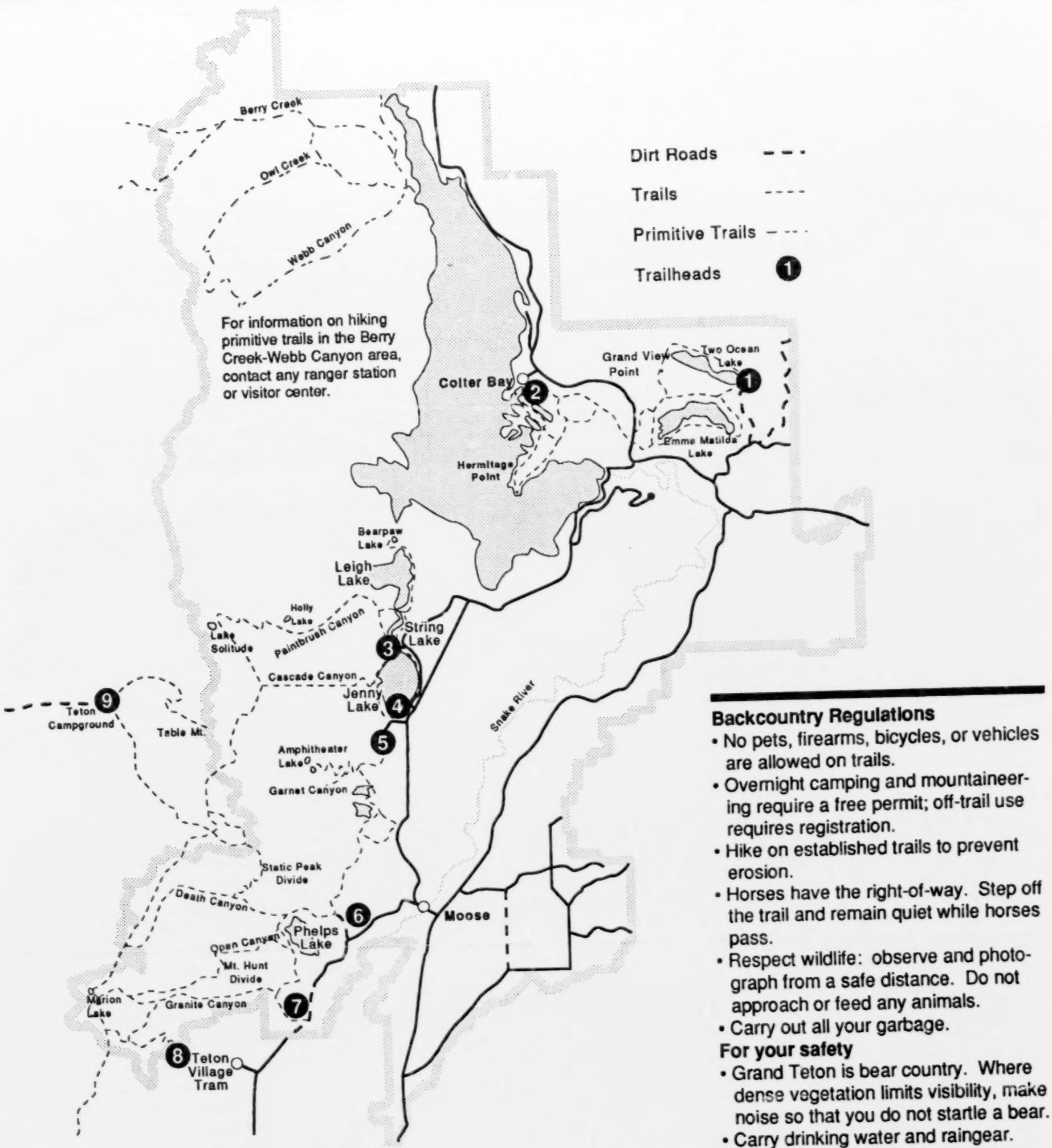
Day Hikes in Grand Teton National Park



Backcountry Regulations

- No pets, firearms, bicycles, or vehicles are allowed on trails.
- Overnight camping and mountaineering require a free permit; off-trail use requires registration.
- Hike on established trails to prevent erosion.
- Horses have the right-of-way. Step off the trail and remain quiet while horses pass.
- Respect wildlife: observe and photograph from a safe distance. Do not approach or feed any animals.
- Carry out all your garbage.

For your safety

- Grand Teton is bear country. Where dense vegetation limits visibility, make noise so that you do not startle a bear.
- Carry drinking water and raingear.
- High elevation may cause breathing difficulties.
- Snow melts gradually, leaving valley trails by mid-June, canyon trails by late July.
- Check with a ranger for up-to-date information on trail conditions.

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Trail	Trailhead	Elevation Change	Distance Roundtrip	Time	Trail Description
Two Ocean & Emma Matilda Lakes	❶ Two Ocean Lake Parking Lot	454 feet	14.2 miles	7 hours	MODERATE. Trail follows edge of each lake and climbs to Grand View Point for a panoramic view.
Hermitage Point	❷ Colter Bay	100 feet	8.8 miles	4 hours	EASY. Hike over gently rolling terrain. Forest and willow thickets adjacent to trail provide wildlife habitat.
Bearpaw Lake	❸ String Lake Parking Area	30 feet	7.4 miles	4 hours	EASY. Trail follows forested shore of Leigh Lake, providing close views of Mount Moran.
Holly Lake	❸ String Lake Parking Area	2535 feet	12.4 miles	8 hours	STRENUOUS. Follow Paintbrush Canyon trail through abundant wildflowers.
Cascade - Paintbrush Loop	❸ String Lake Parking Area	3845 feet	19.2 miles	14 hours	VERY STRENUOUS. Hike up Cascade Canyon, over Paintbrush Divide, and down Paintbrush Canyon.
*Lake Solitude	❹ Jenny Lake Ranger Station	2252 feet	18.4 miles	10 hours	STRENUOUS. Follow popular Cascade Canyon trail. North Fork leads to Lake Solitude and views of the Grand Teton and Mt. Owen.
*South Fork of CascadeCanyon	❹ Jenny Lake Ranger Station	3589 feet	23.2 miles	12 hours	STRENUOUS. Follow popular Cascade Canyon trail. South Fork leads to Hurricane Pass and close views of Schoolroom Glacier.
*Forks of Cascade Canyon	❹ Jenny Lake Ranger Station	1057 feet	13.0 miles	7 hours	MODERATE. Trail leads into Cascade Canyon with views of the Grand Teton, Mt. Owen, and Teewinot. Crowded in summer.
† Amphitheater Lake	❺ Lupine Meadows	2958 feet	9.6 miles	8 hours	STRENUOUS. Climb up to glacial lakes surrounded by subalpine meadows.
† Garnet Canyon	❺ Lupine Meadows	2160 feet	8.2 miles	8 hours	STRENUOUS. Trail leads to the mouth of Garnet Canyon. (Mountaineering permit required for travel beyond this point.)
Static Peak Divide	❻ Death Canyon Trailhead	4020 feet	15.6 miles	10 hours	VERY STRENUOUS. Numerous switchbacks climb through whitebark pine to impressive views of the Teton Range and Jackson Hole.
Death Canyon/ Static Peak Trail Junction	❻ Death Canyon Trailhead	1061 feet	7.4 miles	6 hours	STRENUOUS. Trail climbs up and then down to Phelps Lake, followed by a climb up into Death Canyon.
Marion Lake	❼ Granite Canyon Parking Area	2880 feet	17.6 miles	12 hours	STRENUOUS. Follow Granite Creek to subalpine meadows around Marion Lake.
**Marion Lake	❽ Top of the Tram	1206 feet	12.4 miles	7 hours	MODERATELY STRENUOUS. Hike through alpine and subalpine terrain to Marion Lake and return to the Tram.
**Granite Canyon	❽ Top of the Tram	4135 feet (downhill)	12.2 miles	7 hours	MODERATE. Start at the top and hike down from alpine meadows to sagebrush, ending at Teton Village.
Table Mountain	❾ Teton Canyon Campground, Targhee National Forest	4151 feet	11.0 miles	7 hours	STRENUOUS. Steep trail follows Teton Creek and ends 0.5 mi. below the summit. Ascend summit by scrambling up talus slope.

Shuttle boat (fee charged) crosses Jenny Lake, eliminating 2.0 miles each way.

† Horses not permitted

***Fee charged for tram. Visitors are permitted to hike trails leading from the Tram after snow has melted sufficiently to allow safe travel.*

★ U.S. GPO: 1989 675-193